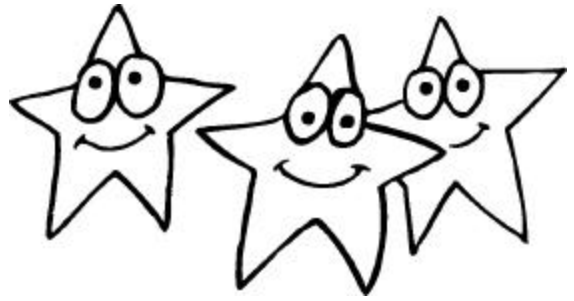


STELLAR

Health Sites



As you journey through the ether, consider touching down at these top health-related Internet sites.*

InteliHealth features loads of consumer health information that's been "reviewed and approved by the nation's leading medical experts" (who could ask for more?). Search the medical literature, check out special reports, take part in interactive fun or live forums, or sign up to receive weekly e-mails on the latest news about any of 15 important health topics.
www.intelihealth.com

ThirdAge is a site devoted to first-wave baby boomers-adults in their mid-40s through 50s. It offers health and fitness material, as well as "unique resources, interactive guides and companions for ThirdAgers to enrich life and manage its transitions." **www.thirdage.com/health**

Starting Page is a quick reference guide to the "best health sites on the web." Just point and click your way to the top 10, or 50, or 100; categories include men's health, women's health, mental health, and best health references.
www.startingpage.com/html/health.html

AllAllergy calls itself "your gateway to all asthma, allergy and intolerance information on the Web." It offers rated links to articles as well as links to organizations, publications, products, events, and allergy-related news. *Helpful feature:* a searchable allergen database. **www.allallergy.net**

Fitness Online's mission is to provide you "with all the information, tools, and support you need to achieve your personal health and fitness goals"-whether those are losing weight, gaining muscle, or becoming a body builder. It's the online home of the magazines *Shape* and *Men's Fitness*, among other Weider publications. **www.fitnessonline.com**

Spirituality & Health offers breaking news, ideas, and advice, self-tests to "help you understand your inner landscape," and essays by spiritual authors. Books, videos, and audiotapes available for purchase. **www.spiritualityhealth.com**

KidsHealth at the AMA was developed by the American Medical Association and the Nemours Foundation "to help you find reliable children's health information whenever you need it." All content is reviewed by children's health experts; topics include nutrition, safety, child development, immunizations, behavior, emotions, and more.
www.ama-assn.org/insight/h-focus/nemours

AmericasDoctor.com claims it's "the only site to offer private, real-time, one-on-one chats with board-certified, board-eligible physicians 24 hours a day, 7 days a week at no cost to the consumer." Get answers to health-related questions as you wait. **www.americasdoctor.com**

FitnessLink aims to "sort out the fitness facts from the fads." It features information about burning fat, exercising, eating right, taking supplements, enhancing sports performance, and other serious fitness issues.
www.fitnesslink.com

About.com's health section is a no-nonsense, friendly site that can bring you abundant information on the health topic of your choice. Each area is hosted by a carefully selected About Guide, who is a writer with strong knowledge and enthusiasm in the subject.
<http://home.about.com/health/index.htm>

***Addresses subject to change without notice**

